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## Growing up in a dangerous world

IN FRANCE, 10,000 TROOPS HAVE BEEN DEPLOYED TO PROTECT SENSITIVE SITES, INCLUDING JEWISH SCHOOLS, LEFT, WHILE IN PAKISTAN, RIGHT, KIDS BEGIN RETURNING TO SCHOOL NEARLY A MONTH AFTER A TALIBAN ATTACK THAT KILLED 150 OF THEIR CLASSMATES. SEE STORIES, PAGE 9

# Toronto must lead on getting women into boardrooms

**Expert opinion.** Study shows Canadian companies are in the 'middle-ish of the road' on issue of executive-level gender parity

ROSEMARY WESTWOOD
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What happens in Toronto will set the pace for improving gender parity in boardrooms across the country.

Not only that, but companies based in the city "have an opportunity and responsibility" to set the bar high, said Alex Johnston, executive director of Catalyst Canada.

Business leaders here are "running very influential companies that employ tens of thousands, sometimes hundreds of thousands of people, and they are very serious about this issue," she added. "They have the ability to influence in a Canadian context and many of them in a global context."

The comments come as Catalyst, a Toronto-based non-profit dedicated to advancing women in business, releases the results of a study on gender parity in boardrooms around the world.

Women held 20.8 per cent of seats at 60 of Canada's most influential firms last year, the study shows. Many of those firms are headquartered in Toronto.

It's slightly more than the 19.2 per cent of board seats held by women in the U.S., far more than Japan's 3.1 per cent and far less than world-leading Norway at 35.5 per cent, according to Catalyst.

The report shows women are gaining ground, after only 18.4 per cent of S&P/TSX 60 Index board seats were held by women in 2013, based on research from the law firm Davies. Women held just 15.9 per cent of board seats at Financial Post 500 companies that same year, according to Catalyst.

Alex Johnston
CONTRIBUTED

"Twenty-one per cent in a global census is seemingly middle-ish of the road," Johnston said. "We've got among the most highly skilled workforces in the world. We have got to see numbers that reflect that."

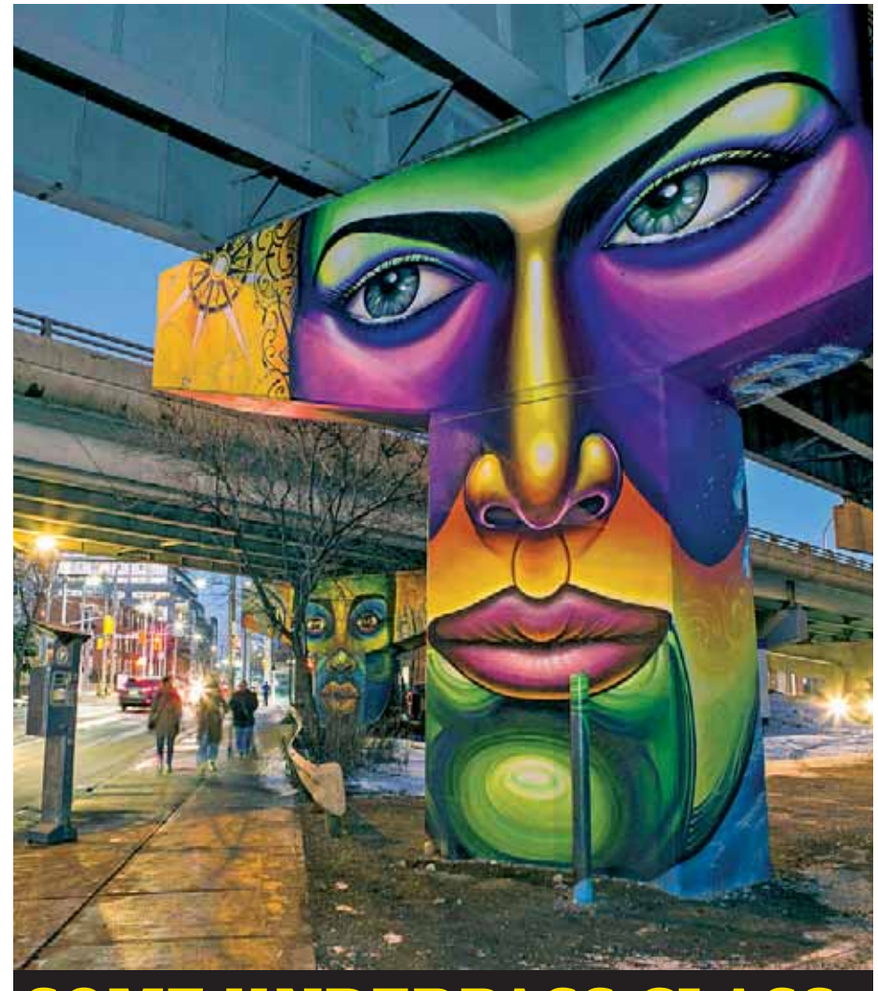
But, she added, "I think we are firmly on a path now towards pretty meaningful progress."

There's a growing wave of optimism among women on Bay Street and across the country, she said.

International efforts to improve women's representation in the upper echelons of the business world have been influencing firms in Canada, Johnston said. New rules take effect this year requiring all companies listed on the Toronto Stock Exchange to explain their policies to increase gender parity at the director and executive level — or explain why they don't have policies.

Kathleen Taylor's appointment as the first board chairwoman of a major Canadian bank in 2013 is just one example of the changes to come, Johnston said.

"People felt, especially in Toronto and Ontario, that it represented something even more significant, that things really were changing," she said. "I think what we will start to see is Canada moving forward at a more accelerated rate, potentially, than it's global counterparts, and Canada really starting to turn the momentum into really concrete change year over year."



## SOME UNDERPASS CLASS

**The pillars on King Street East underneath the overpasses at Richmond and Adelaide streets, just west of Sumach Street, have been transformed by a series of mural installations as a part of the StreetARToronto Underpass Program, which started in 2012 to counteract graffiti vandalism with street and mural art. The transformation is more than just a slap of fresh paint to cover the typical grey of transportation infrastructure — it's a series by street artists Essencia Art Collective called Frozen Moments.** **See story, page 3.** DAVID COOPER/TORSTAR NEWS SERVICE

A flock of pigeons flies away from Union Station on Monday. The city has installed a variety of deterrents to keep the birds, and their poop, away.
DAVID VAN DYKE/METRO

# Union Station's facelift unwrapped

**Downtown.** Restoration tidies up transit hub so it looks almost as good as new

LUKE SIMCOE
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Like a late Christmas present, Union Station has finally been unwrapped.

Last week, the city removed the maze of tarps and scaffolding that had covered the transit hub since renovations began in 2009.

The once-grimy limestone facade has been cleaned and polished, and shines nearly as brightly as when the station opened some nine decades ago.

The restoration project won't be complete until later this year, but with the tarps gone, here are a few things to take note of the next time you're headed in the direction of the station:

• Whither the pigeons? You may notice fewer fowl and less of their poop at Union thanks to a number of bird deterrents, including wire barriers to keep them from perching or nesting at the station.

• Some new limestone has been added to the facade, sourced from quarries along the Niagara escarpment and Indiana, the same sources of the original stone used in 1927. Similar stone was used in the construction of other iconic Toronto buildings, including parts of the legislature at Queen's Park and the Royal Ontario Museum.

• Thanks to the cleaning, the details of the name and logo that adorn Union Station are more visible. In particular, the Canadian Pacific Railway and Grand Trunk Railway crests above the entrance are much crisper.

• The station's 22 columns have been restored to their former glory. Each limestone monolith weighs roughly 75 tonnes.

• Don't forget to look up. The vaulted ceiling above the building's front wall has been cleaned, revealing the intricate Guastavino-style tiling.

Rentals

## Downtown condos still a hot commodity

The love affair with downtown living shows no signs of easing as the number of condos renting through the MLS system hit a new record in 2014, according to condo research firm Urbanation.

Some 22,765 units were leased across the GTA throughout 2014, up 15 per cent from 2013 and up 11 per cent in the fourth quarter alone, most of them in the highly sought-after downtown core.

And that's just the units rented via MLS. It doesn't include others rented via online sites like Kijiji or by word of mouth, as a record number of units came to completion across the GTA last year.

The demand was enough to keep up with that record supply coming on stream throughout 2014, which was up 10 per cent in the fourth quarter alone, says Urbanation.

"The rental market's proven stability and consistent growth is encouraging as we remain in a scenario of high condo completions over the next couple of years," said Shaun Hildebrand, Urbanation's senior vice-president, in a statement.

Average rents were up just one per cent in the fourth quarter of 2014, over the same period a year ago, to $2.39 per square foot.

TORSTAR NEWS SERVICE

Shaun Hildebrand CONTRIBUTED

## Crime. Woman pleads guilty over botched buttock enhancements

Marilyn Ely Reid CONTRIBUTED

A Toronto-area woman who injected silicone into the buttocks of nine women — in some cases using syringes attached to a caulking gun — has pleaded guilty to aggravated assault.

Marilyn Ely Reid, 48, was arrested in November 2012 after a 28-year-old woman fell ill after receiving alleged Botox injections. Police said the woman underwent surgery to have the substance removed.

Investigators at the time alleged Reid advertised buttock, lip and muscle augmentations and Botox injections on a website called pmmainjection.com.

Several other victims came forward after her arrest.

Her lawyer said Monday several of the women have had "serious health issues" ever since the procedure, which his client was not licensed to perform. Reid administered the injections with syringes, Calvin Barry said.

One of the women — none of whom can be identified due to a publication ban — is still unable to sit down, he said.

"The way it would work is she'd meet these people ... at hotel rooms in the GTA and Toronto and then what she would do is, they'd pay her thousands of dollars and she'd inject them in the buttocks with a silicone-based ingredient," Barry said in a phone interview.

Reid pleaded guilty to eight counts of aggravated assault endangering life — one count was withdrawn. She is due back in court Feb. 27.

Barry said the Crown is seeking a nine- to 10-year sentence, but he is arguing his client should get sentenced to time served because she is remorseful.

THE CANADIAN PRESS

# Video exonerates man accused of pushing woman down stairwell

**Dufferin Mall incident.** Man spent seven months in jail awaiting trial

It appeared to be a disturbing case of random brutality: inside Dufferin Mall last March, a young man was believed to have pushed a perfect stranger, 82-year-old Maria Ferreira, down a stairwell, sending her tumbling violently to the ground.

Or so testified three people at the assault trial of Anguei Pal-Deng, a 25-year-old Sudanese man who speaks an African language called Dinka and lives in and out of shelters.

Through a translator in Old City Hall court last month, Pal-Deng denied the allegation, saying he inadvertently made contact with the elderly woman while gesturing for her to pass.

But it was the word of a "culturally challenged and unsophisticated" man against a "sympathetic" elderly woman claiming he pushed her and two independent witnesses backing her up, Ontario Court Justice Melvyn Green wrote in a ruling released last week.

Pal-Deng may well have been found guilty — were it not for CCTV footage that Green ruled exonerates him.

The video depicted a gesture that "appears like nothing so much as an offer of physical guidance, direction or support.... There is nothing patently aggressive or menacing about the action," Green ruled.

"It is of profound concern that justice could so easily have been miscarried but for the good fortune that the very physical exchange at issue was preserved on videotape," Green wrote. "Absent the CCTV evidence, the result may have been tragically different."

The judge made the unusual move of apologizing to Pal-Deng for his spending seven months in jail awaiting trial on the matter, saying, "I regret that I could not do more on behalf of this court."

Anguei Pal-Deng was found not guilty after CCTV video captured what a judge ruled shows "an offer of physical support or guidance or direction ... not a push or in any way the application of aggressive force." TORSTAR NEWS SERVICE

Pal-Deng spent seven months in jail for an offence that carries a maximum sentence of six months. However, he had a prior conviction of assault, no community contacts to stay with and was simultaneously facing a separate assault charge to which he later pled guilty — all factors that led to him not making bail.

Additionally, the trial date was delayed because of complications locating a Dinka translator. An uncertified court translator had to be used, though the judge noted no serious communication problems.

Green had stern words for the Crown prosecution for proceeding with the trial in the face of video he said exonerates the accused. It was of "profound concern," Green wrote, that Pal-Deng was detained as long as he was for "offences for which factually exculpatory evidence had long been in the possession of the state."

Brendan Crawley, spokesperson for the Ministry of the Attorney General, said he couldn't comment on the case because it's still within the appeal review period.

The assault charge stemmed from a brief interaction between Pal-Deng and Ferreira on the morning of March 6, 2014 at a stairwell in Dufferin Mall.

A split second after a brief physical interaction where Pal-Deng's hand makes contact with Ferreira's right side, the woman toppled down the stairs.

The video also showed Pal-Deng did not, as witnesses testified, stand aloofly over Ferreira after her fall, but crouched and physically tended to her.

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**At a glance**

- Anguei Pal-Deng has since been released from jail. An acquaintance of his from the same area of South Sudan, who has not seen him for several years, said she believes he came to Canada about a decade ago.
- The woman, who did not want to be identified, said he has had difficulty becoming accustomed to the way of life in Canada, in part because of the language barrier.
- "He's a young man who had struggled with life here and just wants to go home," she told Torstar News Service.

# Murals at Corktown underpass brighten, enlighten

The pillars on King Street E. have been transformed by a series of mural installations as part of the StreetARToronto Underpass Program.
DAVID COOPER/TORSTAR NEWS SERVICE

Some new faces have taken up residence on the four pillars of the Adelaide Street underpass.

The bold, colourful faces are just one aspect of the new murals that now brighten a once desolate underpass in Corktown. The transformation is more than just a slap of fresh paint to cover the typical grey of transportation infrastructure; it's a series by street artists Essencia Art Collective called "Frozen Moments."

"Each pillar is kind of like a personification for a certain historical aspect of Corktown," said Essencia Art Collective co-founder and co-director Elisa Monreal, a.k.a. Shalak Attack, the lead artist and project director.

On what's known as "The Past" pillar, a turtle, representing the area's First Nations heritage, and a ship carrying Irish settlers across the high seas give people an idea of the community's history. In contrast, "The Future" pillar depicts a booming Toronto cityscape, complete with condo buildings and the latest streetcar. "The Worker" pillar is a reminder of Corktown's working-class roots, depicting a brick mason, gears and a factory with a smokestack. "The Possibility" pillar shows all the opportunity the city has to offer through the eyes of a child.

The underpass series was funded by the City of Toronto's StreetARToronto program, which started in 2012 to counteract graffiti vandalism with street and mural art. This is the first year of the StreetARToronto Underpass Program (StART UP). Four other underpasses were also revamped through the program: at Warden and St. Clair, Danforth and Kingston, Davenport and Dupont and the Monarch Park pedestrian tunnel. TORSTAR NEWS SERVICE

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# Support staff make schools feel safer, panel told

A school safety panel struck after the stabbing death of Hamid Aminzada has already spoken with more than 300 people and heard that while students and staff generally feel safe at their schools, they would like more support staff such as hall monitors or social workers.

The panel, struck last October to look at the circumstances around the teen's death last September at North Albion Collegiate, has interviewed students, staff, police and members of religious and cultural groups, and has two wider community meetings planned this week.

"We wanted to see if the themes reverberated out beyond the school," panel member Karen Forbes, a retired executive superintendent who worked at the Toronto District School Board for 38 years, told Torstar News Service.

"We've talked to principals and vice-principals from other regions (in Toronto) and in the Rexdale area as well; we're talking to unions and associations, and teachers and social workers outside of the immediate region of North Albion."

She said the panel is asking if people feel schools are safe, what can be done to improve that and "how we can be sure, as a community, not just a school or school board, that we are working to keep school safe.

"Students come from the community and they bring things that happen in the community into the school, so it's important for a flow of information" between them, she added.

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**Report to come**

**The safety panel will report to the board in March with concrete recommendations on improving safety and how to prevent violent incidents, Forbes said.**

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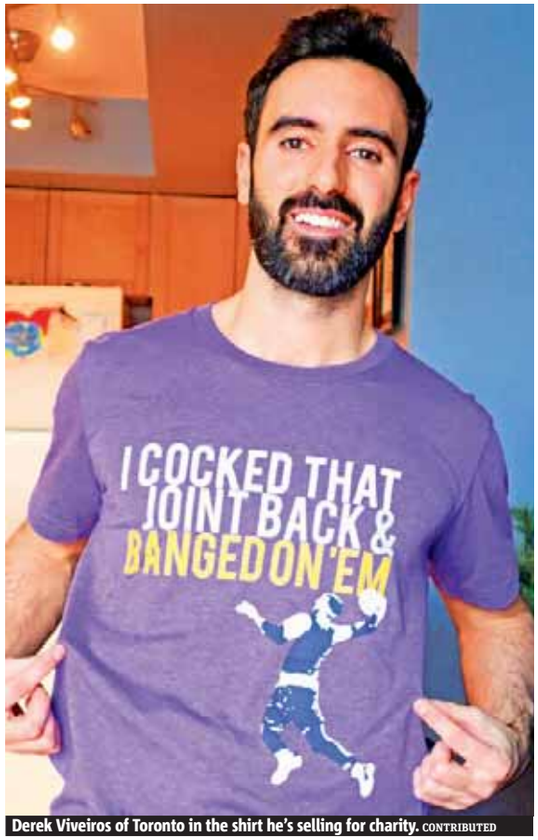


Derek Viveiros of Toronto in the shirt he's selling for charity. CONTRIBUTED

# Raptor's dunk is racking up cash for kids

**Shirt change.** Proceeds from tee with James Johnson have raised more than $2,500

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Derek Viveiros is hoping a notable moment from the Raptors' recent stop in Detroit can do a little good for kids in Toronto.

After Raps forward James Johnson went up for a vicious dunk last month and followed it up with an even more notable post-game quote, Viveiros was inspired.

He had Johnson's quote — "I cocked that joint back and banged on 'em" — printed on T-shirts and started selling them online via teespring.com.

Initially, he sold more than 150 shirts, raising more than $2,500 through a campaign dubbed Dunk for Kids.

Then, on Saturday, Johnson worked his magic again, posting another monstrous dunk against the Boston Celtics.

The on-court move generated a lot of social media buzz, and about 15 people ordered the shirt Viveiros created.

With all the renewed excitement, teespring.com reopened sales and about 60 shirts have sold since then.

Viveiros, who counted himself as one of hundreds of fans at that December game in Detroit, is planning to give all the money raised to a children's charity and has contacted the Raptors to see if the team, or Johnson, might somehow get involved.

Viveiros said the public response proves basketball can be a powerful tool for building strong communities through initiatives that unite people and give them a chance to share joy and help those in need.

"This shirt not only celebrates a Raptor and an epic dunk and quote, but it celebrates sport and all the great things that it brings to our communities," he said.

# G20 lawyers request Blair to appear

**G20 summit hearing.** Complainants' counsel argue police Chief Bill Blair's testimony is 'plainly relevant' to their case

It is vital that Toronto's police chief explain his involvement in a senior officer's decision to order mass arrests during the city's tumultuous G20 summit, lawyers for complainants in a disciplinary hearing on the matter argued on Monday.

But counsel for police Chief Bill Blair and his former deputy police chief sought to prevent the two top officers from being called to testify in the case of Supt. David Fenton, arguing their evidence would be irrelevant and that the police chief could not be compelled to appear.

Fenton has pleaded not guilty to five Police Services Act charges stemming from two "kettling" incidents that occurred over the summit weekend in 2010 and resulted in the largest peacetime arrests in Canadian history.

The first took place on Saturday, June 26, 2010, hours after a small group of vandals smashed windows and set police cruisers alight.

Fenton ordered officers to box in protesters in front of a downtown hotel. More than 260 people were arrested and taken to a makeshift prisoner processing centre, which came under severe criticism for its deplorable conditions.

The second incident occurred the next day when, six minutes after coming on shift, Fenton ordered police to keep scores of people standing for hours at a downtown intersection despite a severe thunderstorm that left them drenched.

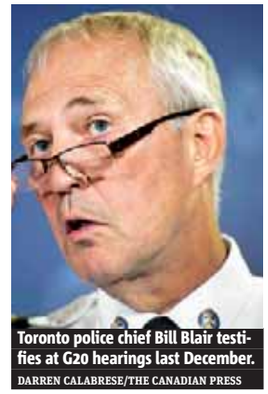
When he took the stand in his own defence in mid-December — before the hearing broke for the holidays — Fenton said his superiors were fully aware of the manner in which he had ordered the arrests to take place, had not stopped him from proceeding and noted that Blair thanked him after the first incident for "saving the city."

It was after hearing those details of Fenton's testimony that lawyers for three complainants decided they needed to call on Blair and former deputy chief Tony Warr to test Fenton's statements.

"Supt. Fenton appears to be running a Nuremberg defence in saying that he was simply following orders," explained Sean Dewart, who made the request for Blair and Warr to be called before the hearing.

While Blair's lawyers are arguing the police chief wouldn't have anything of note to offer to the proceedings, Dewart has countered that Blair's testimony would be "plainly relevant."

Retired judge John Hamilton, who is presiding over the hearing, is expected to determine by Wednesday whether to call Blair and Warr to testify. THE CANADIAN PRESS



Toronto police chief Bill Blair testifies at G20 hearings last December.
DARREN CALABRESE/THE CANADIAN PRESS

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# Disabled bunny Oreo gets crowdsourced wheelchair

Koley's four-year-old bunny Oreo.
COURTESY ROBYN KOLEY

Oreo can't hop, but soon he should be able to roll.

For the past two months, the four-year-old rabbit has been to death's door and back battling a bacterial infection, which left his hind legs partially paralyzed.

The black and white Netherland dwarf has been confined to a padded laundry basket, barely able to drag himself around with his front paws.

But owner Robyn Koley refuses to give up on him and posted his plight on Facebook. Now, thanks to a page that has garnered almost 1,200 likes, Oreo will be getting a custom-built $300 bunny wheelchair so he can live out his days disabled, but not defeated.

Koley, a 19-year-old Orangeville animal lover and aspiring SPCA investigator, says her friends (who consider her a "crazy animal lady") weren't surprised by her online pitch for donations, but were taken aback when it worked.

"I've never really been huge on social media myself," said Koley.

"But I made him a Facebook page and it got over 500 likes in less than 24 hours … Now my friends know I'll go to extreme lengths for any of my pets."

Later this week, Oreo is heading to Mt. Albert, where he'll be doing his first fitting for an American-built aluminum wheelchair.

While Koley, who works at a veterinary clinic, knew of doggy wheelchairs, she had never heard of the bunny version.

"I contemplated euthanizing him and now, seeing him get all excited and starting to act normal again, it's really satisfying." TORSTAR NEWS SERVICE

# Battle of beer vs. beer

**'Unreasonable restraint on trade.'** Toronto-based Barge Craft takes The Beer Store to court

LUKE SIMCOE
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A lawsuit launched by an aspiring craft beer retailer could spell the end of the Beer Store's stranglehold on private suds sales.

Toronto-based Barge Craft Beer filed notice Tuesday with the Ontario Superior Court alleging the deal between the province and The Beer Store constitutes "an unreasonable restraint on trade" and should be struck down.

Michael Hassell, the lawyer representing Barge, said his client is a fledgling craft beer distributor that wants to open "boutique" retail outlets across Ontario.

"In theory, they're the only competitor to The Beer Store in the sense that they want to sell beer," he said. "However, their focus would be on high-quality craft beer … not just the mass-produced, low-quality beer that's the most popular item at The Beer Store."

Although businesses like Barge exist in places like Quebec and British Columbia, the Ontario Liquor Control Act forbids anyone other than The Beer Store or brewers themselves from selling beer to the public.

Founded in 1927, Brewers Retail — the non-profit which runs The Beer Store — was once a diverse consortium of beer makers. However, consolidation has left control of the operation in the hands of only three large companies: Labatt, Molson and Sleeman.

"They've used their monopoly to control the market," Hassell said. "You can see all their brands sitting out in front of the store, while everyone else's is behind a wall in the back room. That's a pretty unfair situation."

If successful, Barge's lawsuit would invalidate the Beer Store's monopoly and force the government to draw up new legislation.

The province has 60 days to respond to the legal notice.

The Beer Store on Queensway Avenue in Etobicoke. If successful, Barge Craft Beer's lawsuit would invalidate the Beer Store's monopoly.
VINCE TALOTTA/TORSTAR NEWS SERVICE

# Gun found. Racial profiling alleged in conviction appeal

A man convicted of a gun offence takes his case to Ontario's top court on Tuesday to argue he was a victim of "racial profiling."

In a factum filed with court, lawyers for Richard Steele say his trial judge erred in failing to properly consider evidence of racial profiling in finding him guilty.

In 2010, an Ontario Superior Court justice convicted Steele of concealing a loaded handgun under the front passenger seat of his mother's car after being pulled over in Hamilton. There were four black men in the car.

Court documents show his lawyer, Anthony Moustacalis, says the gun the officer found should have been excluded as evidence, because Const. Yvonne Stephens conducted an improper search of the vehicle.

Moustacalis also maintains police only pulled the vehicle over because of the driver's race.

He says the officer's request to help the driver find the vehicle's insurance card — which led to the discovery of the gun under the seat — was "bizarre" and did not amount to obtaining informed consent for the search. In addition, Moustacalis says the officer violated Steele's right to privacy.

The lawyer also argues the officer's trial testimony showed inconsistencies, including where Steele's hands were during the stop.

For its part, the Crown denies racial profiling had anything to do with the incident, and says the officer's behaviour was not unusual or racist.

The officer couldn't see the car's occupants when she pulled it over, and Stephens was within her rights to check for valid driving documentation, according to the prosecution's factum. THE CANADIAN PRESS

**Trial judge**

**At trial, the judge relied in part on evidence from another Hamilton officer that Stephens had never exhibited racial bias in the 10 years he knew her.**

- "(That) gives me comfort for my conclusion," the judge said.

Acting privacy commissioner Brian Beamish TORSTAR NEWS SERVICE

# Hundreds of hospital privacy violations go unreported

Five staff members snooped into the medical records of 22 patients at the Centre for Addiction and Mental Health last year.

A clinician from St. Michael's Hospital posted an inappropriate comment on Facebook about a patient's behaviour during a health-care procedure.

While standing in line for pizza, a Toronto East General Hospital doctor chatted on his cellphone about the private details of a patient, unaware the patient's relative was in the same line.

These are just three examples among what may be thousands of serious health-related privacy violations that go unreported each year to the provincial Information and Privacy Commissioner.

Nearly all of the 218 privacy breaches uncovered in documents obtained by Torstar News Service — which occurred at just eight of Toronto's biggest health institutions — were not reported because of a legislative loophole that allows hospitals to handle such violations internally.

When Torstar provided some examples of unreported cases to acting privacy commissioner Brian Beamish, he called for a legislative change to force hospitals to report serious breaches of personal health information.

"I definitely think it's worth looking at. People are very protective of their health information, and when this type of thing happens it's a very personal intrusion — people feel violated," Beamish said.

TORSTAR NEWS SERVICE

Brent Gartner, Toronto's first homicide victim of 2015. TORSTAR NEWS SERVICE

# Victim was a traveller, family man

**Toronto's first homicide of the year.** Brent Gartner was found stabbed in a downtown apartment

Toronto's first homicide victim of the year was a well-travelled wanderer who spent years abroad, yet loved his parents and seven siblings so much he could not bear to be out of touch for more than a few days, his brother said.

Brent Gartner, 51, was found stabbed Saturday night in an apartment near Jarvis and Carlton streets and was later pronounced dead in hospital.

His elder brother, Daryl Gartner, told Torstar News Service he was the youngest child and grew up in Regina before jetting off after high school to Australia, New Zealand and numerous places in Europe and Asia.

"He was a very compassionate and very communicative type of individual and he has kept in contact with people throughout the world," he said by phone from Regina, where most of his family still lives.

Gartner spent a period working in an extended-care home after graduation, saving up money before he embarked on his travels.

Those travels made such an impression that the 20-something man decided to make it his career, studying in Vancouver to become a travel agent. Gartner eventually transferred his studies to Toronto, where he moved in the 1990s and settled down.

"(He had) unbelievable knowledge in artifacts and artwork that he had ... acquired throughout his numerous journeys," Daryl Gartner said.

Brent Gartner's career and passion, however, had taken a back seat in recent years. He had travelled regionally while working as a travel agent in Toronto, but the trips had become progressively less frequent.

Gartner came down with a medical condition that kept him from work. Daryl Gartner would not say what the condition was, but said it was serious enough that he had to be put on extended medical leave.

The attack on Saturday also left a 66-year-old man seriously injured. TORSTAR NEWS SERVICE

**Samurai sword involved**

**Found a short distance away from Brent Gartner, a 66-year-old man was named a suspect by police on Sunday. Police say a samurai sword was involved in the crime but it is not clear exactly how.**

- Daryl Gartner said his brother Brent did own a samurai sword.
- No charges have been laid in the investigation due to the seriousness of the suspect's injuries — he had to undergo emergency surgery the night of the homicide. But a source within the police department said he will be charged with second-degree murder once he is well enough to understand the charge.

# Toronto residents split on carding: Poll

Though more than half of Toronto residents mistakenly believe crime in the city is increasing, less than half approve of the police practice of carding.

A Mainstreet Technologies poll found 42 per cent of more than 2,300 people polled approved of "carding" while 47 per cent are against it.

The practice — which has officers stopping and documenting residents' information to be collected in a database during largely non-criminal encounters — is most celebrated among those living in Scarborough, which was the only neighbourhood to poll more total approval (55 per cent) than disapproval (37 per cent).

Since Jan. 1, officers have temporarily suspended all carding by order of Chief Bill Blair.

New carding procedures are expected to be finalized by the Feb. 19 meeting of the police services board.

Approval of the procedure is split despite 54 per cent of Toronto residents polled believing crime in the city is increasing. Another 17 per cent believe those crime statistics are stagnant, according to the poll.

But Toronto police data shows violent crime has been on a downward trend since 2011, when the number of shootings neared 230 incidents.

**Homicides**

**57**

**The number of homicides has hovered between 51 and 57 deaths in the past four years and stayed the same — at 57 murders — in 2013 and 2014.**

Last year that number was 180, marking a 10 per cent decrease from 2013.

TORSTAR NEWS SERVICE

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# International push. Probe missing, murdered native women cases: Rights group

An international body has joined Canadian domestic calls for a national inquiry into missing and murdered aboriginal women and girls.

A report from The Inter-American Commission on Human Rights (IACHR), an arm of the Organization of American States, says an inquiry or national action plan is needed to get at the root of the problem.

The report, issued in Washington, followed an investigation the commission conducted in Canada in 2013. The body spoke with government officials, opposition politicians and native representatives in both Ottawa and British Columbia.

"The IACHR considers that there is much more to understand and to acknowledge in relation to the missing and murdered indigenous women," the report said. "This initiative must be organized in consultation with indigenous peoples, particularly indigenous women, at all stages."

The report said aboriginal women in Canada are murdered or disappear at a rate four times higher than their representation in the population. THE CANADIAN PRESS

**Activists react**

**Canadian activists who have been pressing the federal government for just such an inquiry welcomed the report.**

# Taser death. Perjury case against Mountie to proceed

An RCMP officer who stunned Robert Dziekanski with a Taser at Vancouver's airport lost an attempt Monday to dismiss a perjury charge related to his testimony at a public inquiry.

Const. Kwesi Millington was among four officers who confronted Dziekanski during his fatal encounter with police in October 2007. All four were later charged with perjury over their testimony given at a public inquiry two years later.

The Crown, which alleges the officers colluded to lie to investigators and then perjure themselves at the inquiry, wrapped up its case against Millington late last year.

Millington's lawyer then made an application to end the trial and throw out the charge, arguing the Crown had produced no evidence that could support a conviction.

RCMP Const. Kwesi Millington
DARRYL DYCK/THE CANADIAN PRESS

But B.C. Supreme Court Judge William Ehrcke said the Crown had put forward some evidence that, if true, could support a guilty verdict, though he cautioned that his ruling had no bearing on whether Millington would eventually be convicted or acquitted. THE CANADIAN PRESS

## Three climbers found dead in B.C.

A rescue-crew member heads to a helicopter in Pemberton, B.C., north of Whistler, on Monday to search for three missing ice climbers. The climbers were eventually found dead in a crevasse about 300 metres below Joffre Peak. Police are not releasing the names of the victims but described two of them as a man and woman in their mid-30s from the Metro Vancouver area and the third as a woman in her late 20s who was an international visitor. DAVE STEERS/THE CANADIAN PRESS

# Mounties arrest a third man in alleged terror plot

**Radicalization fears.** Suliman Mohamed faces charges, along with twin brothers Ashton and Carlos Larmond

The RCMP swooped in on an alleged terrorist conspiracy because one of the suspects was about to get on a plane to India.

The Mounties have charged three young Ottawa men — including twin brothers — with various terrorism-related offences.

On Monday, the RCMP charged Suliman Mohamed, 21, with participation in the activity of a terrorist group.

Mohamed was also charged with conspiracy to participate in a terrorist activity with two other Ottawa men.

On Friday, 24-year-old twins Ashton Carleton Larmond and Carlos Honor Larmond of Ottawa were charged with various terrorism-related offences. The RCMP says Carlos was arrested at Montreal's Pierre Elliott Trudeau Airport as he was intending to travel overseas for terrorist purposes. The Mounties did not say where he was headed.

The Canadian Press has since learned he was bound for India, though it is unclear if that was his final destination.

Ashton, who played pickup hockey on a men's team, was arrested in Ottawa.

Joseph Addelman, a lawyer for the brothers, said Saturday they planned to vigorously dispute the charges.

They are due for a second court appearance Feb. 12.

Mohamed was scheduled to appear in court Tuesday morning. But as of Monday very few details were made public about what the three were alleged to have done.

The Mounties said they would not be providing additional details, given that the matter was now before the courts.

Chief Supt. Jennifer Strachan, criminal operations officer for the RCMP in Ontario, said the arrests underscore the reality that there are individuals in Canada who have become radicalized to a violent ideology, "and who are willing to act upon it."

The RCMP thanked Integrated National Security Enforcement Team partners from the Ottawa Police Service and the Ontario Provincial Police.

Canada and other western nations fear that citizens who go abroad to take part in the Islamic State of Iraq and the Levant's guerrilla-style battles could return with intent to do harm.

The latest arrests have rekindled discussion about homegrown radicalization. THE CANADIAN PRESS

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U.S. military

## Central Command sites hacked

Hackers claiming to be working on behalf of Islamic State militants seized control of the Twitter and YouTube sites of the military's U.S. Central Command on Monday, but the Pentagon swiftly suspended the sites and said no classified material was breached. THE ASSOCIATED PRESS

Crashed AirAsia jet

## Flight data recorder pulled up from sea

Investigators trying to figure out why AirAsia Flight 8501 crashed into the Java Sea on Dec. 28 might now have the tools they need to provide answers.

On Monday the flight's data recorder was pulled up from the bottom of the shallow sea. The cockpit voice recorder was also located but had not yet surfaced. It could take up to two weeks to analyze all the data on the so-called black boxes. Based on past crashes, the information retrieved could be vital.

The two separate devices — actually orange boxes designed to survive extreme heat and pressure — should provide investigators with a second-by-second timeline of the plane's flight. THE ASSOCIATED PRESS

Pakistan

## School reopens a month after Taliban massacre

Pakistani children returned on Monday to the school where Taliban gunmen killed 150 of their classmates and teachers last month, clutching their parents' hands tightly in a poignant symbol of perseverance despite the horrors they had endured.

It was the first time the school had reopened since the assault, and security was tight. The nation has been reeling from the Dec. 16 terrorist attack in Peshawar — one of the worst Pakistan has experienced. The violence carried out by seven Taliban militants heaped pressure on authorities to end the stubborn insurgency that kills and maims thousands every year. THE ASSOCIATED PRESS

Mohammad Baqair on his way to the military-run school where his mother, a teacher, was killed during an attack, in Peshawar, Pakistan, Monday. THE ASSOCIATED PRESS

# France hunts for accomplices to 3 dead extremist attackers

**Mission to protect sensitive sites.** Country mobilizes 10,000 troops

As many as six members of a terrorist cell involved in the Paris attacks may still be at large, including a man who was seen driving a car registered to the widow of one of the gunmen, police officials said Monday.

Two French police officials told The Associated Press that authorities were searching the Paris area for the Mini Cooper registered to Hayat Boumeddiene, the widow of Amedy Coulibaly. Turkish officials say she is now in Syria.

The French police officials spoke on condition of anonymity because they are not authorized to discuss details of the investigation with the news media.

France deployed 10,000 troops to protect sensitive sites — including Jewish schools and neighbourhoods — in the wake of the attacks that killed 17 people last week. Brothers Cherif and Said Kouachi, as well as Coulibaly, their friend who claimed ties to Islamic extremists in the Middle East, died Friday in clashes with police.

Prime Minister Manuel Valls said the manhunt is urgent because "the threat is still present" after the attacks that began Wednesday with 12 people killed at the satirical newspaper Charlie Hebdo by gunmen the police identified as the Kouachi brothers.

Authorities said Coulibaly killed a policewoman Thursday and then killed four people at a kosher supermarket Friday before all three attackers were slain in two nearly simultaneous clashes with security forces around Paris. THE ASSOCIATED PRESS

Anti-Islam rally

## *German march attracts 25,000*

A weekly anti-Islam rally in the eastern German city of Dresden drew its biggest crowd yet on Monday, after organizers declared it a tribute to the victims of the terror attacks in Paris. Organizers said 40,000 people participated in the march, while Dresden police put the figure at more than 25,000 people — still more than the 18,000 who came last week.

One of the 10,000 armed troops deployed to protect sensitive sites, including Jewish schools, patrols outside a Jewish School in the Marais district of Paris as children make their way home on Monday. JEFF J. MITCHELL/GETTY IMAGES

Quoted

**"It's fair to say we should have sent someone with a higher profile."**

**White House spokesman Josh Earnest,** making a rare public admission of error on behalf of the Obama administration, on the decision to let the U.S.'s ambassador to France be the most senior government official to attend Sunday's anti-terror rally in Paris.

**"Doesn't the intelligence service there follow those who have been released?"**

**Turkish President Recep Tayyip Erdogan,** on why two of the gunmen in the attacks in France were not monitored more closely after serving their prison sentences.

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# Mounties balk at paying Rogers to get their man

**New fees.** Dispute simmering over who should pay when the force asks for help in investigating cases

A phone displays the RCMP website in this photo illustration.
DOUG IVES/THE CANADIAN PRESS

The RCMP and many other police forces are refusing to pay new fees imposed by Rogers Communications for helping them track suspects through their mobile phones.

Police say the telecommunications firm is legally obligated to provide such court-ordered services and to cover the cost as part of its duty to society. Rogers says that, while it picks up the tab for most judicially approved requests, in some cases it will charge a minimal fee.

The quietly simmering dispute began late last May when Rogers wrote to RCMP divisions and other police services across Canada to say it would usher in new fees to law enforcement on Aug. 1.

The fees applied to help in executing warrants for tracking customers' movements through cellphone data and to production of affidavits certifying records when testimony is required to explain them in court.

The note, obtained under the Access to Information Act, points to a 2008 Supreme Court of Canada decision in which the judges said companies would generally be expected to comply with court orders on their own dime unless costs became unreasonable. In that case, the court said it was not unreasonable for Tele-Mobile Co. to pay annual costs of between $400,000 and $800,000 to comply with production orders.

THE CANADIAN PRESS

**Business outlook**

## Cheap oil dims energy sector: BoC

The Bank of Canada's business outlook survey found companies in Western Canada planned to reduce investments in equipment and hiring following the oil-price collapse, while Eastern and Central Canadian companies said they were planning to invest more, particularly in manufacturing. THE CANADIAN PRESS

**Market Minute**

**DOLLAR** 83.56¢ (-0.71¢)

**TSX** 14,265.01 (-119.91)

**OIL** $46.07 US (-$2.29)

**GOLD** $1,232.80 US (+$16.70)

**Natural gas:** $2.795 (-15.1¢)
**Dow Jones:** 17,640.84 (-96.53)

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VOICES

# NO ONE SHOULD DIE ON THE STREET

With the recent deaths of two people on the streets of Toronto, Metro reached out to concerned parties for their take on what can and should be done

**TANYA GULLIVER-GARCIA**
readers@metronews.ca

It should go without saying that when the weather is cold the city should expand its offerings of shelter and drop-in services. Toronto's politicians and bureaucrats seem surprised every winter that it's cold. We have a moral obligation to protect our most vulnerable residents. Yet the 24-hour drop-in centre for women, promised for December, is not open. The warming centre for youth — part of this winter's cold-weather response — will only begin later this month. Winter is in full force; why are these services not ready?

Shelters are full and under-resourced. The many good staff members struggle to deliver the services they know their clients need. City policy, dating back to the early 2000s, states that when shelters reach 90 per cent capacity, more shelter space will open. This threshold has been exceeded for almost 15 years, and yet capacity has not kept pace with demand. We need more beds now.

The 28-year-old Out of the Cold program, originally intended as a Band-Aid fix, is now institutionalized as part of Toronto's winter response. In the past, the city has opened warming centres in civic centres and winter shelters in armouries and closed hospitals. These are low-barrier, supportive services for those most resistant to accessing shelters. They get people inside and can prevent deaths like the ones last week in Toronto. They are desperately needed, and Toronto is falling short. Yet, it's a problem that will never be resolved until the city moves its focus to prevention and solutions, such as housing with necessary supports.

The State of Homelessness in Canada report cards show that homelessness is an increasing problem, with 35,000 people a night suffering across the country. The report cards also found that homelessness and related emergency services cost Canadian taxpayers more than $7 billion a year, while solving the issue through rent supplements, tax credits, new affordable housing (with supports) and increased income supports would cost around $4 billion. That works out to just $106 per taxpayer each year. And the issue would be significantly resolved in 10 years with serious commitments from all levels of government.

We can end homelessness, if we want to. Isn't it time we directed our energy to solutions? *Tanya Gulliver-Garcia is a research co-ordinator with the Canadian Observatory on Homelessness*

A HOMELESS MAN FROZE TO DEATH HERE ON JAN. 6.
SHAME ON MAYOR TORY! SHAME ON TORONTO!
CALL JOHN TORY'S OFFICE 416-397-2498 AND DEMAND MORE SHELTER SPACE NOW!!!

**A memorial was held at Yonge and Dundas streets for a man who froze on the streets of Toronto.** DANIEL OTIS/TORSTAR NEWS SERVICE

**MARK GARNER**
@metronews.ca

Why does it take the loss of a life to shock us out of complacency?

It's a question I've asked myself since the tragic death of a homeless man at the corner of Yonge and Dundas last week. He's a man I didn't know, but a face I may have seen among the millions of faces I see every year on Canada's busiest street. Homelessness is complex but it can be tackled through root causes and sustainable solutions. It requires partnership: like-minded organizations working together. Business is key to that partnership. Business owners on Yonge Street are key to that partnership.

We are not outreach workers but we can be eyes and ears on the street. We can learn to identify those in distress and either escalate or connect them to appropriate interventions.

The Downtown Yonge Business Improvement Area (DYBIA) already includes a social give-back to charities and organizations that work with street-involved communities. Our signature Winter Magic event series, for instance, supports Raising the Roof, an agency that tackles homelessness. We likewise work closely with the social agencies based in our district — including Covenant House, Yonge Street Mission and various churches — to actively improve the health of our entire community.

What we as businesses need to do better is to be aware. We need to be sensitized to the needs of people living on the street — and be better informed of how to help. Imagine if we were equipped with a booklet or app that told us which first responders to call. Other cities do it already: try googling "Little Black Book" at kitchener.ca. DYBIA will make it a priority this month to offer training to staff, members and other stakeholders to move forward with our belief that we have a greater role to play. Homelessness is not the sole responsibility of the police nor the City's Streets to Homes program nor social agencies. It's a community issue.

It's easy to let incidents like the recent death overwhelm us; it's easy not to take action. Collaboration and ownership make a world-class city — because safe, inclusive and compassionate cities are also attractive to business, tourists, residents and investors.

Be part of the solution. Wake up tomorrow and do something for someone else. *Mark Garner is the executive director and chief staffing officer for the Downtown Yonge BIA.*

# Yes, violence abounds, but peace is on the increase

**ROBSON FLETCHER**
readers@metronews.ca

Last week, the world was shocked by the brutal attack on the Charlie Hebdo newspaper headquarters in Paris.

Within the past few months there's been the deadly shooting on Parliament Hill, the massacre at a school in Pakistan, a passenger plane shot out of the sky over Ukraine.

Last decade brought us the Sept. 11 attacks, the Iraq war and the genocide in Darfur.

All of this violence, all of this savagery, all in real time.

We live in an era when the worst of humanity is live-streamed, live-tweeted or live-broadcast (now in high definition!) for immediate consumption and maximum emotional impact. The inundation of gruesome imagery, understandably, can make it seem like the world is a frightening and increasingly violent place.

Yet, we also live in an era that's been described by Canadian-born Harvard professor Steven Pinker as likely the least violent ever.

"Today, we are probably living in the most peaceful time in our species' existence," Pinker said, citing a plethora of historical and recent data during a speech at the TED conference in Monterey, Calif., in March 2007.

By the end of that year, New York City — once known for its sky-high crime rates — had seen its fewest homicides since the NYPD started keeping detailed records in 1963. Since then, the low murder mark has been broken four more times: in 2009, 2012, 2013 and 2014.

Last year saw just 332 homicides in the United States' largest city, down from its staggering peak of 2,245 murders in 1990. The country, as a whole, has seen its murder rate cut in half in the last quarter-century.

Canada has followed a similar trend. Our murder rate peaked in 1975 at 3.03 per 100,000 people, then dropped steadily to just 1.44 in 2013 — the lowest rate since 1966.

All of this is continuing a centuries-long trend that has been observed by Manuel Eisner, a comparative criminologist at the University of Cambridge.

"Serious interpersonal violence decreased remarkably in Europe between the mid-16th and the early 20th centuries," he wrote in a major study on the topic. Eisner focused largely on homicides and other crime — but when it comes to large-scale violence, the world also has become increasingly peaceful.

The number of people killed in armed conflicts has plummeted in the past half-century, according to the Vancouver-based Human Security Report Project, which measured "state-based battle deaths" per million humans.

In 1950, the rate stood at 236. By 1971, it was 101. During the 1990s, it had dropped to about 15.

But the most peaceful decade, by far, was the first part of the 21st century, with roughly three people killed per million, per year, in war.

And it's not just state conflicts, although those have historically claimed the most lives by a large margin. As Pinker observed: "Since the end of the Cold War there have been fewer civil wars, fewer genocides — indeed a 90 per cent reduction since post-World War II highs."

None of this is to minimize the suffering that so many people continue to experience today. Civil war rages on in Syria. Boko Haram continues to slaughter and inflict unimaginable horror on the people of Nigeria. Terrorists continue their attempts to intimidate free societies. Murderers continue to claim the lives of men, women and children.

The world, in many ways, is still a terrible place. But it's getting better.

*Robson Fletcher is a senior reporter for Metro Calgary.*

metro

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Gossip

## NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Harry Styles ALL PHOTOS GETTY IMAGES UNLESS NOTED

# Harry is dating in style but wants to keep it secret

Nadine Leopold

One Direction's most likely solo artist, Harry Styles, has earned himself another celebrity merit badge — this time for Victoria's Secret model-dating. Nice work, Style!

The floppy-haired crooner has reportedly been getting quite cosy with Nadine Leopold as of late.

"Harry has been getting more serious with Nadine," a source tells Us Weekly, adding that the pair are "spending lots of time together" lately.

But another source insists we shouldn't read too much into their quality time.

"Harry is having a good time being a young rock star," the second source says.

"You will know he has a girlfriend when he steps out on the red carpet with one.

"Until then, he's having fun and enjoying life."

I guess that's us told. Still, congratulations?

# Rowling twists tweet right back at Rupert

J.K. Rowling

If social media is good for anything, it offers a fantastic platform for witty comebacks.

J.K. Rowling used it for just such a purpose after Rupert Murdoch riled folks with his Charlie Hebdo-related tweet insisting all Muslims need to be held accountable for the actions of the men behind last week's attack in Paris.

Instead of just shouting back, Rowling turned his own twisted logic against him, posting, "I was born Christian. If that makes Rupert Murdoch my responsibility, I'll auto-excommunicate."

And folks in the Twitter-verse seemed to agree with her, as her tweet quickly earned more than 20,000 favourites, compared to Murdoch's 3,000.

# Stars shed their clothing as Golden Globes venue cranks up the heat

Benedict Cumberbatch

If you thought the stars at the Golden Globes looked a little shinier than usual, you're not wrong.

Turns out the air conditioning at the Beverly Hilton just wasn't on Sunday night. Couple that with the rain that plagued Los Angeles all weekend and you've got one humid ballroom, illustrated by glistening presenters, multiple men — like Benedict Cumberbatch and Matthew McConaughey — ditching their jackets, and actresses furtively fanning themselves.

One attendee even passed out at his table, prompting a visit from paramedics during the show. Fun times.

# Is Beyoncé's bump a baby or just a saucy daughter?

It seems Beyoncé can't even enjoy a simple afternoon of being buried in sand by Blue Ivy without everyone jumping to the conclusion that she's expecting again.

But that's probably because her three-year-old daughter decided to give her a rather noticeable bump in sand sculpture form.

Beyoncé posted an Instagram pic of herself under the sand, and set off a firestorm of speculation.

Maybe this really is her way of announcing the news? Or maybe Blue Ivy is just being extra-critical at a surprisingly young age.

Beyonce INSTAGRAM

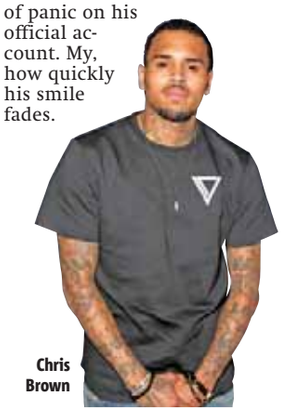
# Chris Brown jokes, panics as shots fired at his show

A recent Chris Brown show in San Diego ended in chaos after gunfire rang out at a Fiesta nightclub while the embattled singer was on stage, according to TMZ.

Video from the gig shows Brown noticing a scuffle and making light of it before shots were fired and his security sprang into action.

Police sources say five people were wounded in the incident, although no suspects have been named.

Brown, no stranger to gunfire at his events, didn't seem that weirded out by it. He even shared a Vine of the moment of panic on his official account. My, how quickly his smile fades.



Chris Brown

If 2014 felt light on compelling albums it's likely because several of music's marquee artists took a 12-month sabbatical with an eye on 2015. Thus, there's plenty to be excited about over the next year. Here are eight of the most awaited albums expected in 2015, ranked in alphabetical order by artist

THE CANADIAN PRESS

# 8 hotly anticipated albums

## Belle & Sebastian

The Glaswegian melodic artisans have yet to place a wrong foot in their nearly 20-year career, with 2010's lived-in Write About Love standing as another winsome triumph. Elastic-limbed new single The Party Line certainly augurs well for Girls in Peacetime Want to Dance, their first new full-length in nearly five years. **Release date: Jan. 20**

## Bjork

The Icelandic iconoclast has been collaborating with Venezuelan producer Arca (who contributed to Kanye West's brilliant Yeezus, as well as his own well-regarded debut Xen) for her followup to 2011's Biophilia. That album was actually an ambitious multi-pronged multimedia suite, and while it earned the 49-year-old typically enthusiastic critical praise, her forthcoming ninth album would benefit from a renewed focus on songwriting. **Release date: unknown**

## Drake

The Toronto rapper took 2014 off — if you can call it a year off after contributing some top songs (Trophies and 0 to 100), features (on iLoveMakonnen's irrefutable Tuesday) and memes (rolling lint at a Raptors game). A savvy pop prognosticator, Drake's new record might be called Views From the 6 and seems likely to influence more than just his hometown's nickname du jour. **Release date: unknown**

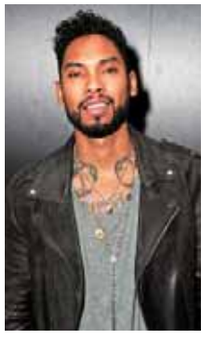
## Grimes

The Montreal composer, born Claire Boucher, casually tossed off one of 2014's most indelible bangers in Go. She had also been working on the followup to 2012's Visions, but she told the New York Times she threw that album away and started again, raising expectations that were already high after her last standard-setting collection of idiosyncratic electronic pop. **Release date: unknown**

## Kendrick Lamar

So high are our collective expectations for the dexterous Compton rapper's followup to insta-pillar Good Kid, M.A.A.D City that his recent comeback single, called i, was initially deemed a defanged disappointment. Well, the earthy Isley Brothers-derived tune has given Lamar his fourth Top 40 hit Stateside (and his highest-charting track in Canada) and most likely pulled even more people into the waiting room for his next appointment. **Release date: unknown**

## Miguel



A new album from the spry, restlessly talented R&B songwriter was once due for last fall, two years after the release of his splendid second LP Kaleidoscope Dream. Instead, we got only a three-song set from the 29-year-old, headlined by the sticky thump of nwa. That December mini-release only whet appetites for the Grammy winner's worried-over third episode. **Release date: unknown**

## Frank Ocean

Wishful thinking, perhaps, but Ocean must be due. The New Orleans-reared singer's official debut Channel Orange turns three in July, and — in his rare resurfacings — he's reported progress on a followup. Given Ocean's exacting standards, it's easy to imagine that he could stay still for another year — but let's think positive. **Release date: unknown**

## Rihanna

The typically punctual RiRi has been silent since 2012's Unapologetic, which completed a run of four albums in less than four years (they all went platinum). A new record feels inevitable, in more ways than one: Her 13 career No. 1 singles tie her with Michael Jackson for third place all-time. **Release date: unknown**

# New album. Producer Mark Ronson is all funked up about his latest hit

Mark Ronson has multiple Grammy Awards and the current No. 1 song in the U.S. and U.K. Still, he had to agree when a photographer recently called him "the white guy in the Bruno Mars video."

Ronson, soft-spoken and analytical, is happy to stand just outside the spotlight as he promotes Uptown Special, his fourth album, out today. He recorded over the last year with producer Jeff Bhasker (Kanye West, fun). and enlisted author Michael Chabon, who won the Pulitzer Prize for fiction in 2001 for the novel The Amazing Adventures of Kavalier & Clay, to write lyrics.

The 39-year-old British producer partnered with Mars on the hit Uptown Funk, a throwback tune influenced by early 1980s funk groups like The Time. It's become the biggest hit for Ronson, best known for producing Amy Winehouse's Back to Black.

Ronson spoke at Bhasker's poolside music studio in Venice about collaborating with Chabon and Mars, whom Ronson worked with on the crooner's hits Locked out of Heaven and Gorilla.

Mark Ronson GETTY IMAGES

**You've had success as a writer and producer, but Uptown Funk is a huge hit that's your song. How significant is that to you?**

I know of course it has so much to do with Bruno. It's like even if the record was garbage, it's Bruno Mars, you're guaranteed a certain level of attention, right? ... I'm as proud of (Uptown Funk). ... It's awesome, but at the same time it almost feels like it's happening to somebody else.

**Are you taking tips from Mars on how to handle the attention? He seems to thrive on energy of fans, but I don't get the sense that you do.**

When you're going on tour and you get to play these songs that you wrote and get the thing from the crowd, that is fun. But when you're standing next to somebody like Bruno Mars — probably, maybe the greatest male live performer-entertainer of his generation — there's no need to try and claw some of the spotlight for yourself ... There was some MTV thing that (called us) 'Pop's new power couple.' ... I just wrote him an email. I was like, "Is it weird that I get a nice feeling when someone calls us a power couple? As if we're Barry Diller and Diane von Furstenberg or something. Do we need a name — like Brark Manson?"

THE ASSOCIATED PRESS

We may never be royals, but we can listen to King, have custom-made songs and enjoy a new album

**SOUND CHECK**
Alan Cross
scene@metronews.ca

## Continental Shelf/Viet Cong

Rising from the rubble of Calgary's well-regarded Women, Viet Cong's highly anticipated self-titled album will be out next Tuesday. An early contender for the 2015 Polaris Music Prize?

## Firefly/ Hollerado

The boys from Ottawa promised that the first 111 fans to pre-order their last record would get a custom-written song about them. The results are on 111 Songs, due March 24. Here's 1/111th of that record.

## King/Years & Years

Every January, the BBC conducts a poll of music wonks to determine which new artist has the best chance of breaking out over the next 12 months. Previous winners have included 50 Cent, Keane, Adele, Haim and Sam Smith. This year's winners are from London.

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inc Research

# Science versus celeb culture

**New book.** Author Timothy Caulfield reveals how much we're being duped by celebrities' advice on well-being

IZABELA SZYDLO
life@metronews.ca

Gwyneth Paltrow uses the blog of her e-commerce site, Goop, to promote the Clean Cleanse, which she swears by. Caulfield found that no scientific study appears to back up the theories put forth by the detox industry that cleanses clear toxins, parasites or even bad karma in a manner beneficial to our health. GETTY

Demi Moore has used leeches to detoxify her blood. Katie Holmes swears by snail slime to clear acne and reduce wrinkles. Gwyneth Paltrow is an avid promoter of, well, all things health — including the ever-popular cleanse.

But do any of these or other celebrity health endorsements and advice hold any scientific weight?

For his book Is Gwyneth Paltrow Wrong About Everything? Canadian author, professor and health policy expert Timothy Caulfield spent a year not only extensively researching and talking to a myriad of experts, but also trying some celebrity-recommended health, diet and beauty routines.

**Gwyneth's name appears in the title and she is peppered throughout the book. Why is she such an easy target?**
I genuinely like her and she seems like a sensible person, which is one of the reasons I was so fascinated by her. But she gives very explicit advice about our health, which does make her a pretty easy target in this area.

**The book looks at the illusions that anyone can be a celeb and that celeb status is worth having, but focuses mainly on health and wellness. What are the dangers of buying into the pseudoscience of celeb health advice?**

Timothy Caulfield. LUCY HAINES/ METRO

It pulls us away from the simple truth of what we need to do to be healthy. It also helps to legitimize pseudoscience, which hurts our ability to be a critical thinking society. In addition to that, the solutions that are offered are about short-term results using drastic measures for the purpose of achieving a particular esthetic goal.

**You debunk a lot of hot topics — gluten-free, organic, drinking water to hydrate your skin, anti-aging creams, supplements, vitamins and more. What surprised you the most?**
I was really surprised at how little good science there was on beauty and anti-aging products. There's nothing out there that's independent and really trustworthy considering billions of dollars are spent in this industry. The other one is juicing. It may give you variety in your vegetable and fruit intake but there's certainly nothing magical about it. It doesn't enhance anything health- or nutrition-wise.

**You mention keywords we should be aware of such as detox, toxins and cleanse. Why do you think they appeal to people?**
"Detox" is a semi-scientific sounding word and it pulls on our instinctive belief in how our body works. Therefore, it helps to legitimize the idea of a cleanse. Who wants toxins in their body? And it plays to people's fears about pollutants in our world and food, and offers a "solution" to that problem.

**How frustrating is it for you, having written this book, to know that celebrity voices trump science?**
It is very frustrating but that's one of my big conclusions now: The scientific, research, university and health care communities, we need to become part of the discussion. And the other thing I think is really important is having a trustworthy source of information that's independent and that people feel isn't coming from a compromised place. I hope the book isn't a downer, but liberating, so people don't have to worry about all that pseudoscience crap and can focus on the kind of stuff that really helps overall well-being.

**Tim's top health tips**

**In the book Is Gwyneth Paltrow Wrong About Everything?, hitting shelves today, Tim includes the tried and tested ways to a healthy life.**

- Don't smoke.
- Stay active, exercise regularly, and include some vigorous activities.
- Eat a balanced and calorie-appropriate diet that includes lots of fruits, vegetables, whole grains, lean protein, etc.
- Maintain a healthy weight (tough, I know).
- Wear sunscreen.
- Get an appropriate amount of sleep (which, for most, is between seven and nine hours a night).

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# Winter is the best time to start yoga

EVA KIS
Metro World News in New York City

The New Year can be a bit of a hectic time, what with the planning for the rest of the year, keeping warm and trying not to overindulge in all that calorie-laden comfort food.

So, if you haven't started putting your New Year resolution into gear, you're likely not alone. If your goal is to get fit, winter is actually the best time of the year to begin your fitness journey — especially if you're thinking of giving yoga a shot.

Celebrity trainer Kristin McGee tells us why.

Yoga will help you with balance, which is great for those icy patches. ISTOCK

### Prevent accidents

Yoga teaches awareness of your body and strengthens your core, which helps improve balance and can prevent injuries as ice and snow become a problem.

"You're using your own body to support yourself in poses, and you get that in the real world as well," says McGee. "You're much less likely to trip and fall; it's easier for you to use your body in a way that's safe."

### Keep your healthy resolutions on track

Using your body as leverage doesn't just build muscles; research has shown it increases bone density.

Even more than that, "you learn how to use your joints correctly, hinge from the right areas, not overmuscle your way through things, not overstretch, not pull things," McGee says.

"The flexibility and the joint mobility is great for injury prevention as well because you're not so stiff. A lot of times people injure themselves when a muscle is stiff."

### Don't let stress wreck your mood

"Now that stress is so prevalent and that it's one of the leading causes of disease, yoga really helps with stress release.

"And I think when we are more stressed, we don't think as well and we're more accident-prone," says McGee.

Learning to focus on your breath and clearing your mind during yoga can help you do the same when the holiday season becomes overwhelming. "When you're centred and you're in a better place in your life, and you feel fit and healthy on the inside, and you've got that peace of mind, you just naturally move better."

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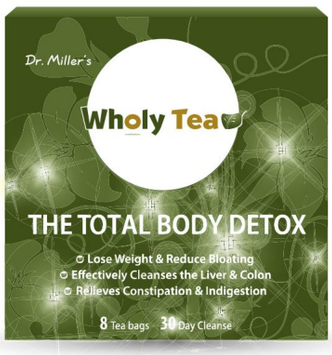


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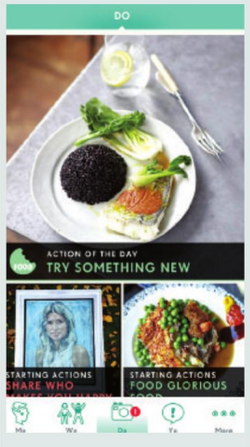

# This year, it's really time to HIIT the gym

**Exercise.** Short, intense workouts, functional training among top fitness trends

Whether you're an avid exerciser or seeking to amp up your routine, fitness professionals are pointing to short, intense workouts and back-to-basics strengthening sessions among the hot trends to help you break a sweat in 2015.

For individuals seeking a challenging workout that is shorter in duration and free of tire-flipping and fire-walking, high-intensity interval training (HIIT) may be a viable option.

Characterized by intense bursts of exercise followed by brief rest periods, HIIT topped the list in canfitpro's first annual fitness trends survey, which polled nearly 2,000 fitness professionals.

Ranking second was functional fitness, described as exercise using movements to prepare individuals "for the activities of daily life."

"Doing a squat with a barbell across your back is a very functional movement because we do squats all day long, whether it's getting in and out of a car or sitting down on the toilet or getting out of an office chair," said Rod Macdonald, vice-president of canfitpro, whose organization bills itself as the largest provider of education in the Canadian fitness industry.

South of the border, the American College of Sports Medicine ranked HIIT second on its 2015 fitness trends survey, with body weight training — like pushups and pull-ups — topping its list.

Macdonald said he isn't surprised to see HIIT topping the Canadian list.

"High-intensity interval training allows the fitness professional to integrate a lot of effective work in a very short period of time which is also appealing obviously to the participant ... who maybe doesn't have a lot of time, or on certain days doesn't have a lot of time and they still want to get a great workout."

Macdonald said individuals just starting off with an exercise program should work with a certified fitness professional and be screened for any underlying health issues beforehand. But if they're in good condition, HIIT is OK provided they're supervised and go through a full warm-up and cool-down, he added.

Vancouver-based fitness instructor Amanda Vogel said in the HIIT class she leads, some participants will opt to go "really hard" in intervals while others adopt a more moderate pace. "We're all working together within the framework of what everyone is able to do," said Vogel. "I still think there's a lot of benefit to that because one, they're moving, which is really important, and anything people are going to enjoy that's going to get people moving in the right direction of consistent exercise is going to be beneficial."

Rhonda Roberts Smid of TAB Fitness in Toronto said it's important for people who take on more physically intensive classes to realize they may not necessarily be getting a better workout, and is a proponent of adopting a more moderate approach — particularly for novices.

"I think when you do something that's very aggressive immediately — because your body is super sore and you see the beauty muscles shining right away — you think 'Yeah, this class is definitely giving me what I need.'

"But underneath all of those beauty muscles is the foundation. And when that is weak it tends to break down quickly, and that is why people are getting injured in a lot of these more intense classes.

"My suggestion to people always is slow turtle. If you're new to working out don't throw yourself into the (Tough) Mudder or a half-marathon."

Regardless of which type of workout they prefer, Macdonald said it's important that everyone exercises and adopts a regimen best suited to them.

"If somebody's going to go to the gym and they wouldn't have otherwise and they're going to do something that's moderate or even low-intensity, I would rather that they do that than not go to the gym at all."

THE CANADIAN PRESS

Rhonda Roberts Smid, founder and instructor at TAB Fitness, is pictured in her Toronto studio . THE CANADIAN PRESS

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# Why an air fryer may be your new best friend

**Theresa's tips**

## *An appliance that's worth the counter space*

**NUTRI-BITES**
Theresa Albert
DHN, RNCP
myfriendinfood.com

I was pretty sure that the whole air fryer thing was just, well, so much hot air. So when I tried the countertop appliance, of which there are many versions, I expected it to disappoint.

For the record, I'm fascinated with all of the gadgets that could potentially clutter up my kitchen, and would love to try them all. But those that offer a healthier spin on traditional cooking methods have a particular place in my heart (if not on my counter).

An air fryer
ISTOCK

Air fryers work on the same principal as convection ovens: They move hot air around the food to speed up cooking. The benefit of a fryer, though, is that the food goes right in the enclosed basket so the air circulates around all the food. You need very little fat sprayed or brushed onto the outside of the food for it to crisp up quickly.

The simplicity of use is idiot-proof. An air fryer is no more difficult than a microwave: Set the temperature, set the timer and go. I was looking forward to a battered KFC-type chicken without the grossness, so I was a little disappointed to find that it wouldn't work in the air fryer. A bread-crumb coating is the only option, as batter would drip and burn. The machine did turn out a fair facsimile, though, of what I was craving. Air fryers work best:

- for smaller families or individual meals;
- in dorms or student apartments;
- in place of a microwave (they reheat faster and better);
- on breaded or marinated foods;
- when food isn't crowded into the pan;
- on multiple foods as long as they have similar densities and cooking times;
- on fish, chicken or vegetables (steak doesn't impress);
- with highly pre-seasoned food (knowing that the missing fat added flavour).

If you love crispy fried food but are committed to eating better and have some space on your counter, an air fryer might be a good investment. If you have a large family or small kitchen you may want to stick to your oven.

## Air-Fried Chicken. This breaded treat cooks up quickly, and is a much healthier alternative to a deep-fried dinner

This recipe was developed for an air fryer, which will quickly produce crisp chicken. If you don't have an air fryer, the chicken can be baked in the oven at 400 F for about 30 minutes. It will still be delicious.

**Ingredients**

- 2 cups milk
- 1 tbsp Montreal steak spice
- 1 tbsp lemon juice
- 1.5 pounds boneless, skinless chicken legs
- 2 cups bread crumbs
- 1 tbsp garlic powder
- 1 tbsp Italian seasoning (or any combination of dried spices)
- ¼ cup grated Parmesan cheese

This recipe for Air-Fried Chicken makes four servings. THERESA ALBERT

### Directions

**1.** In a large bowl, stir together milk, steak spice and lemon juice. Soak chicken in milk for at least 20 minutes on the counter (or overnight in the fridge).

**2.** Mix together bread crumbs, garlic powder, Italian seasoning and cheese, and place onto a plate. Remove chicken from milk with tongs and dip into crumbs.

**3.** Place into basket and air fry as instructed by manual. If using an oven, place chicken on baking sheet and bake at 400 F for 20-40 minutes depending upon size of chicken pieces.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

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# LEARNING CURVE

## Is it time to reinvent yourself?

SHUTTERSTOCK

The onset of the new year often brings resolutions, and many people who make them have post-secondary education goals in mind. Perhaps you want to reapply yourself to your current studies after the holiday break, find the finances to finish a program, or decide whether you want to change your area of study altogether.

The latter case is especially common, with several students dropping out of school at the end of the first term or sometimes after the first few weeks.

"Many young people transitioning straight from high school to college or university haven't given enough thought about what their potential career job really looks like and whether they have the skills and aptitude for it," says Laurie Edwards, the Halifax-based director of career and counselling services at the Nova Scotia Community College.

Before making a decision and applying to a program, Edwards advises doing these three things: Read about the career; talk to someone working in the industry; and try it on for size by volunteering or interning.

Students who choose to drop out should realize that they are going to have to describe their decision in a positive way to potential employers during job interviews. For example, they could explain that they tried the program but didn't feel it was the right fit for the long term, so they have decided to work to replenish their finances while they investigate their next education steps.

If you like your program but you are struggling with finances or your grades are slipping, it doesn't mean you have to quit.

"Check with the student services and business offices on your campus for financial assistance and look into getting a tutor to help improve your grades," Edwards says.

If lack of motivation is the main problem as second term progresses, Edwards offers this advice. "Taking part in extracurricular activities with like-minded people, such as joining clubs, associations or athletics teams, can be a great motivator to get back into studying mode." – *Jane Doucet*

## BUILD A NEW CAREER

### GAIN KNOWLEDGE OF SKILLED TRADES AT GEORGE BROWN

CONTRIBUTED

The welding and metal fabrication program offered through the community partnerships office (CPO) at George Brown College is a unique employment training opportunity for youth who are interested in learning more about construction and trades.

The 26-week program begins in March, and provides students with a base knowledge of welding and metal fabrication for entry-level positions in these sectors.

Students will reach the job placement phase of the program by the beginning of the summer.

"There is great demand for skilled trades workers in the summer months, construction is booming in our city, and there will be ample opportunity for students to enter the workforce and put their newfound skills to use," says Christine Ovcaric, community projects co-ordinator, community partnerships office (CPO).

This program is ideal for youth between the ages of 19 to 29, who have an interest in the trades, but lack training or first-hand experience.

"We welcome applicants who may have experienced barriers to employment in the past, people from marginalized communities or low socio-economic backgrounds, newcomers, single parents, or anyone who has been deterred from applying to college due to financial constraints," Ovcaric says.

Interested applicants are encouraged to contact the CPO to learn about upcoming information sessions.

For more, visit georgebrown.ca.

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# INVEST IN PROFESSIONAL DEVELOPMENT

## THE SCHOOL OF CONTINUING STUDIES AT U OF T

CONTRIBUTED PHOTOS

The University of Toronto school of continuing studies meets the needs of adult learners with expertly designed non-degree courses delivered in-class and online by instructors who are recognized leaders in their fields.

To align themselves with the needs of the individual and organization's desire for professional development, the University of Toronto school of continuing studies certificate programs and courses reflect this interest.

"We're seeing a trend where organizations are investing in professional development of their staff in an effort to improve organizational performance and productivity," says Cynthia Bettcher, director, academic programs, school of continuing studies, University of Toronto.

"With a view to increase profitability, organizations are interested in how to adopt data-driven approaches to decision-making, streamline business processes, accelerate innovation and R&D, and meet customer needs more effectively and efficiently."

Recently, the school of continuing studies has added a number of certificates in line with this demand, including certificates in big data — management of enterprise data analytics, business analysis, project management, business innovation, and Lean Six Sigma.

"About 75 per cent of our learners already have university degrees, with 27 per cent with postgraduate degrees," Bettcher says.

The majority of school of continuing Studies learners include mid-career professionals wanting to advance their careers, considering changes in career direction, internationally educated professionals, recent college and university grads, international students who need to improve their English, and learners later in life expanding their intellectual and cultural horizons.

The school offers more than 600 courses and nearly 80 certificate programs that has earned it a global reputation as an innovative leader in the advancement of lifelong learning.

"Over a five-year period ending in 2013, the school saw a 178 per cent increase in enrolments, fuelled largely by program innovation and the introduction of new learning opportunities to help people grow personally and professionally," Bettcher says.

For more, visit Learn.utoronto.ca.

# Collaborations lead to continued success

The University of Toronto school of continuing studies currently has strategic collaborations with 16 accrediting institutions and professional associations, involving 21 different professional designations, and is developing relationships with many others.

By partnering with professional bodies, the school helps adult learners keep doors open to continued success.

"Many of our programs are aligned to professional designations, the prescribed bodies of knowledge of professional associations and certifying bodies," says Lee McTavish, program director, partnerships, University of Toronto school of continuing studies.

This alignment means the school courses have met rigorous external standards, skills and competencies, employer needs and the demands of the global economy.

"Not only do we help people earn employer valued professional designations, we help people maintain their designations, keeping their knowledge, skills and competencies current and relevant through courses taught be leading experts," McTavish says.

The school has earned a global reputation for the quality of course content and materials, teaching excellence, approach to practical applications, and alignment with professionally prescribed bodies of knowledge, outcomes and competencies.

Some of the key professional designations currently being offered include project management professional designation, certified business analysis professional designation, and Canadian risk management designation.

The school is also partnering with ISACA Toronto chapter and developing two new certificates — the certificate in strategic management of enterprise IT, and the certificate in information/IT security, both new programs that are planned to be launched in the fall.

"The majority of our learners are professionals working to advance their careers, develop new knowledge, skills and competencies," McTavish says. "Often, they are working to complete one (or more) of our U of T school of continuing studies certificates while working to fulfil the requirements for a professional designation from a professional association or institute."

For a list of strategic collaborations with professional associations and accrediting institutes, visit learn.utoronto.ca/associations.

### *MORE THAN 120 ONLINE COURSES*

Many of the University of Toronto school of continuing studies in-class courses and certificates are also available online with the same high-quality instructors and materials, making it easier and more convenient for people to fit a course into their busy lives.

The school of continuing studies offers more than 120 online courses ranging from business and professional studies to language courses, arts and science programs, and creative writing and business communications courses.

The school of continuing studies adds new online and hybrid courses each semester. For more information, or to view a list of courses, visit Learn.utoronto.ca.

UNIVERSITY OF TORONTO SCHOOL OF CONTINUING STUDIES

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# Explore Ryerson's faculty of science

Still fresh and new to Ryerson University, the faculty of science is not to be called the "freshman" among the faculties.

The faculty of science at Ryerson University is a relatively young faculty, splitting from the faculty of engineering, architecture and science in 2012.

However, science has been taught at Ryerson for a long time and is well-established.

"We provide quality education in a vibrant, dynamic setting," says Imogen R. Coe, PhD, dean, faculty of science, Ryerson University. "Our science, both our teaching and our research, is connected to the real world — relevant, impactful, innovative and meaningful."

The faculty of science offers a range of undergraduate programs, from well-known courses like biology, chemistry and computer science to innovative programming such as financial math and medical physics, which are not available at other institutions in the GTA.

One of the most popular programs is biomedical sciences.

"Students tell us they like the feeling of our faculty of science because it has the feeling of being a community where they can actually get to know their professors and where people care," Coe says. "All of our programs are co-op programs and we like to use the term 'connected science' to describe our connected feeling to the students, to our surrounding community of partners, such as the hospitals, other schools, the financial district, businesses and industry, etc."

SHUTTERSTOCK

The faculty of science has many young and dynamic professors who are very committed to their dual roles of teaching students and conducting leading-edge research.

Coe herself is a professor in the department of chemistry and biology and an affiliate scientist at St. Michaels Hospital, where her research lab is located.

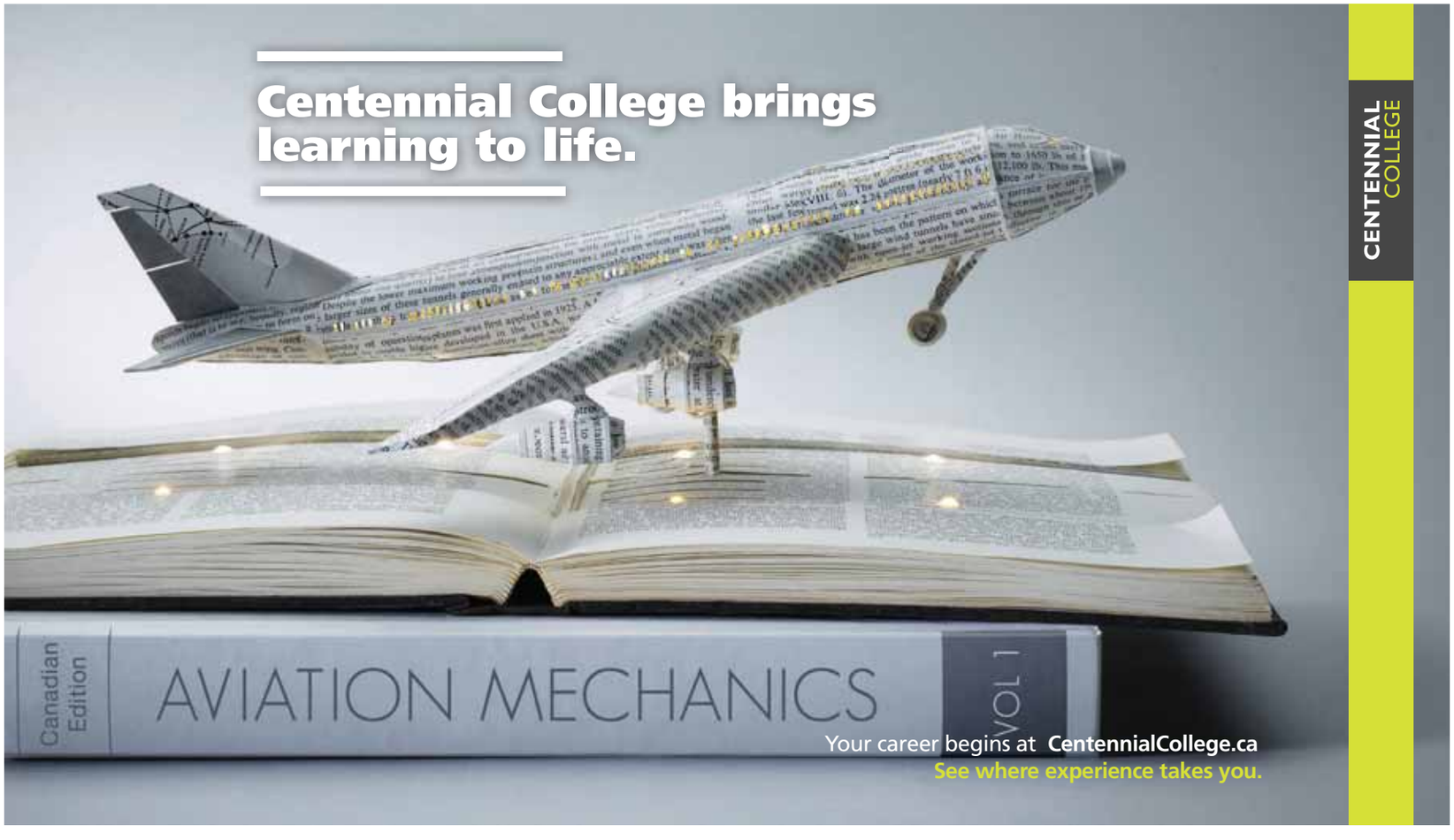
"We also provide high-quality graduate programming, which allows graduate students to work closely with our leading research professors across a variety of disciplines," Coe says.

## *GRADUATE PROGRAMS*

Ryerson's mission includes advancement of applied knowledge and research to address societal need.

Aside from the number of undergraduate programs, the faculty of science also offers a number of graduate programs.

For more information about the faculty of science, visit ryerson.ca/science.



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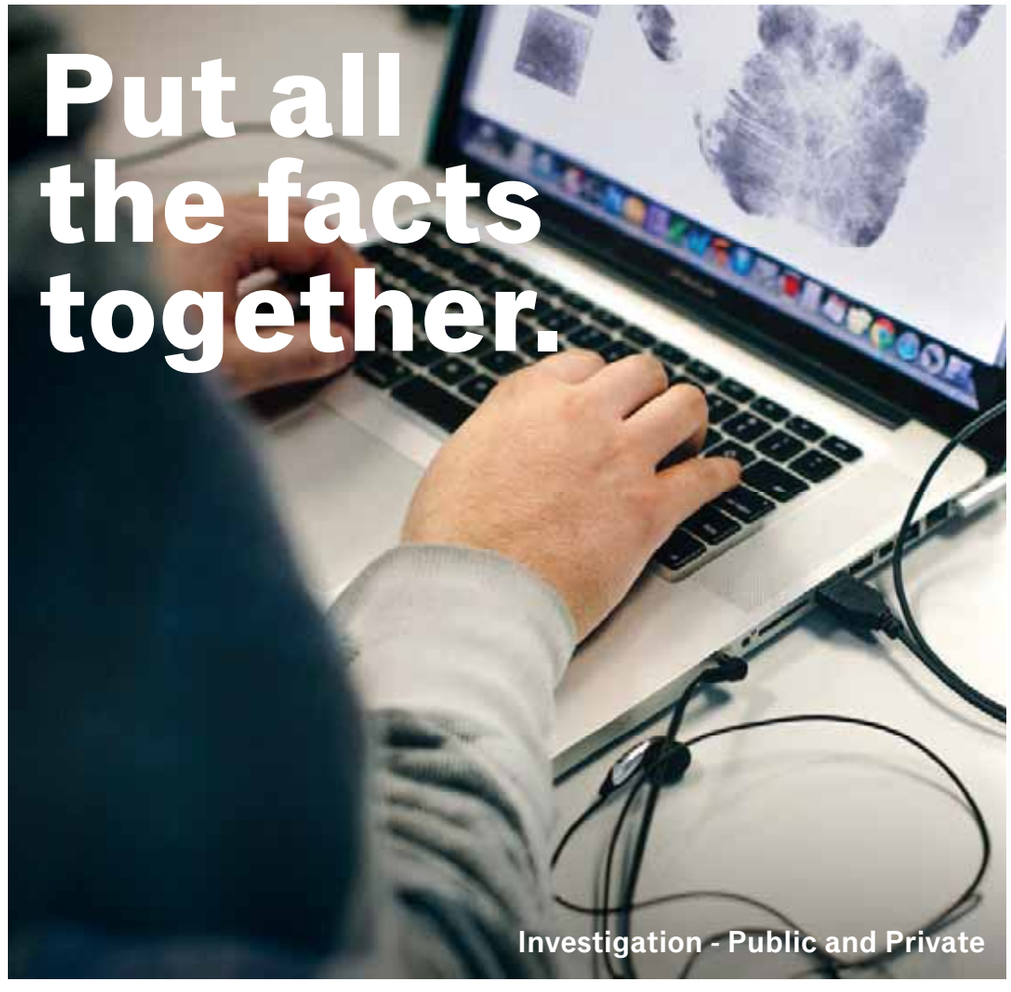
When it comes to knowing more about caring for your vehicle, the car care clinic for women gives women the chance to learn the essentials in an enjoyable and welcoming setting.

Or if you want to take it a step further, Centennial College also offers an automotive detailing course.

"We also have courses that lead to industry-recognized credentials for those looking at building careers, with certificates in business, computers and IT, engineering and applied science, transportation and media and design, among many other areas," Roy says.

Roy says the software quality and assurance testing (SQAT), project management, and accounting programs can help lead to careers where skilled professionals are in demand.

For more information about any of these programs, please visit centennialcollege.ca.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## *Investigate programs at Sheridan College*

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The investigation program at Sheridan College encourages students to develop a capacity for inquisition and curiosity, which are essential attributes for investigators who are required to make deductions and analyze complex patterns of human behaviour as part of their daily work.

"Through encouraging students to connect the dots through applying their skills of creativity, technological literacy and critical thinking, the program prepares our students to manage and participate in complex investigations and to always be prepared for the unexpected," says Gary Galbraith, co-ordinator, investigation: Public and private program, school of public safety, Sheridan College.

The program is focused on developing the skills and knowledge required to investigate complex criminal activity and the impact of hazards on community safety.

"The program aims to develop three key competencies in our students: Critical thinking and analytical skills; communication skills; and the use of technological tools to investigate criminal activity," Galbraith says.

He says this program has helped hundreds of students over the last two decades to transition into a wide range of exciting careers in both the public and private sectors.

Graduates have entered into a range of careers, including security and investigative companies, bylaw and community safety enforcement, asset and loss protection in the retail sector, civilian and sworn officer positions in municipal law enforcement, along with careers with the RCMP, the government of Canada, and the Canadian Forces.

Graduates have also moved into university programs at Ryerson, York and the University of Toronto, using credits obtained from their studies in the investigation program.

"We live in a complex and interdependent economy and the threats to our local communities and public/private organizations are constantly evolving," Galbraith says. "Communities and organizations are required to develop new procedural and technological solutions to build resilience to reduce the threats from crime and hazards."

For more, visit sheridancollege.ca.

### *MARKING 20th ANNIVERSARY*

The Sheridan College investigation program is one of the school of public safety's longest established programs and will be marking its 20th anniversary in September.

Students develop critical analysis through structured in-class exercises, examining case studies, and through utilizing visualization tools, which help students make connections across multiple sources of information.

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# Many Canadians still looking for dream job

**Career.** Workers seek meaning and fulfilment over money in career, says Monster Canada survey

What sacrifices would you be willing to make to find a job that fulfils you? ISTOCK

So much for punching the clock. Turns out most Canadians are emotionally connected to their work and consider a current or previous job as life-changing, says a new Monster Canada survey.

But as 2015 gets underway, four in 10 workers say there still waiting for that dream job that will add meaning to their life, according to the job search firm's report.

For the 59 per cent of Canadians who say their job has a major impact on their lives and how they feel, the reasons are most likely to be non-financial, the report reveals.

Eighty-six per cent say the job that changed their life identified special skills they possess and new things they are good at, while 80 per cent say it increased their sense of self-worth. More money came in third at 70 per cent, it says.

Still, it should be on employers' radar that 39 per cent of working Canadians feel that they will need to jump ship in order to find the job that will change their life, said Sheryl Boswell, Monster Canada's director of marketing.

"While it's encouraging to see that many have found the job that changed their life, the numbers show that many others still have a desire to find better," she said.

"Given how emotionally invested Canadians have told us they are in their work, finding a fulfilling job is paramount when it comes to overall happiness, and employers need to take note," added Boswell.

Meanwhile, a year-in-review report by Workopolis found that 88 per cent of Canadians say they had to change employers to attain a more senior role, and the average worker can now expect to hold 15 positions throughout their career.

"Employees often leave companies for the same reason they join them," said Tara Talbot, vice president of human resources at Workopolis. "Opportunity for career advancement is most often the deciding factor of accepting or leaving a position," she said in a release.

The year-end Workopolis report revealed frequent job changes have become a necessity because only 11.5 per cent of workers are promoted within an organization.

It also says that on average, it takes 12 years at three or four different employers to move from an entry-level position to the rank of supervisor or above.

TORSTAR NEWS SERVICE

**I need a change**

**The Monster Canada survey also shows that Canadians are not only comfortable switching employers, but also locations.**

- Since 2010, about 16.5 per cent of people have started a new role in a different province, a 21 per cent increase in the last 10 years, it found.

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SPORTS 4

# Pistons too hot for Raptors to handle

**NBA.** Jennings scores 34 points to drive Detroit to its 8th win in its last 9 games

**On Monday**

| Pistons | Raptors |
|---|---|
| 114 | 111 |

Jonas Valanciunas scored a career-high 31 points and grabbed 12 rebounds in a losing cause on Monday night, as the Toronto Raptors dropped a 114-111 decision to the Detroit Pistons.

Brandon Jennings topped the Pistons (14-24) with 34 points.

Seven players scored in double figures for Toronto (25-12), with Greivis Vasquez notching 16, Lou Williams adding 15, Amir Johnson and Terrence Ross finishing with 12 apiece, James Johnson scoring 11, and Kyle Lowry adding 10 to go with 12 assists.

The Raptors had defeated the Pistons 110-100 in Detroit on Dec. 19, but the Michigan team's record was third-worst in the league at the time. Three days after that victory, the Pistons waived Josh Smith, and have been one of the NBA's hottest teams since, winners of eight of nine games.

Toronto coach Dwane Casey likened them to last season's Raptors team after the Rudy Gay trade, saying "They're clicking on all cylinders."

The Raptors, who snapped a four-game losing skid with their 109-96 victory over Boston on Saturday, led for a good chunk of the first three quarters, and were up by as much as 14 points in the first half.

The Pistons came roaring back in the third, and cut the Raptors' advantage to just 83-82 with a quarter left to play.

THE CANADIAN PRESS

Pistons guard Brandon Jennings drives to the hoop against the Raptors' Jonas Valanciunas at the Air Canada Centre Monday night.
RICK MADONIK/TORSTAR NEWS SERVICE

## William Nylander. Leafs assign top prospect to AHL

William Nylander is coming to North America and will be wearing blue and white. Beyond that, the Toronto Maple Leafs are putting on the brakes.

The Maple Leafs have recalled Nylander from his Swedish Hockey League team, MODO, and assigned him to the Marlies of the American Hockey League. Management decided that would be the best thing for the 18-year-old forward's development and opted to make the move before the Jan. 16 deadline to bring him over from Europe.

William Nylander
THE CANADIAN PRESS

Nylander, the Leafs' first-round pick at No. 8 overall last year, won't play for the Leafs at all this season, according to assistant general manager Kyle Dubas.

"We want to be patient with him," Dubas said on a conference call with reporters Monday. "I think everyone knows he's not going to come over here and just magically storm through every level he's at and dominate. There's going to be an element of development to get there."

Nylander is expected to make his Marlies debut on Jan. 23 at the Hamilton Bulldogs. The Leafs expect some inconsistency in the play of the young Swede but want to be able to better manage his development. THE CANADIAN PRESS

**$2-million lawsuit**

### Lafleur suing Quebec Crown, Montreal police

Former Canadiens superstar Guy Lafleur is seeking more than $2 million from the Crown and Montreal police in legal proceedings that began Monday.

Lafleur testified in 2007 at his son Mark's criminal case and was the subject of an arrest warrant in 2008 when the Crown deemed he had given contradictory testimony.

He was found guilty in 2009 before the conviction was overturned on appeal a year later.

Lafleur, 63, is arguing the arrest warrant was exaggerated and unjustified and that his life has been adversely affected by the criminal case against him.

THE CANADIAN PRESS

**NFL**

### Broncos split with head coach

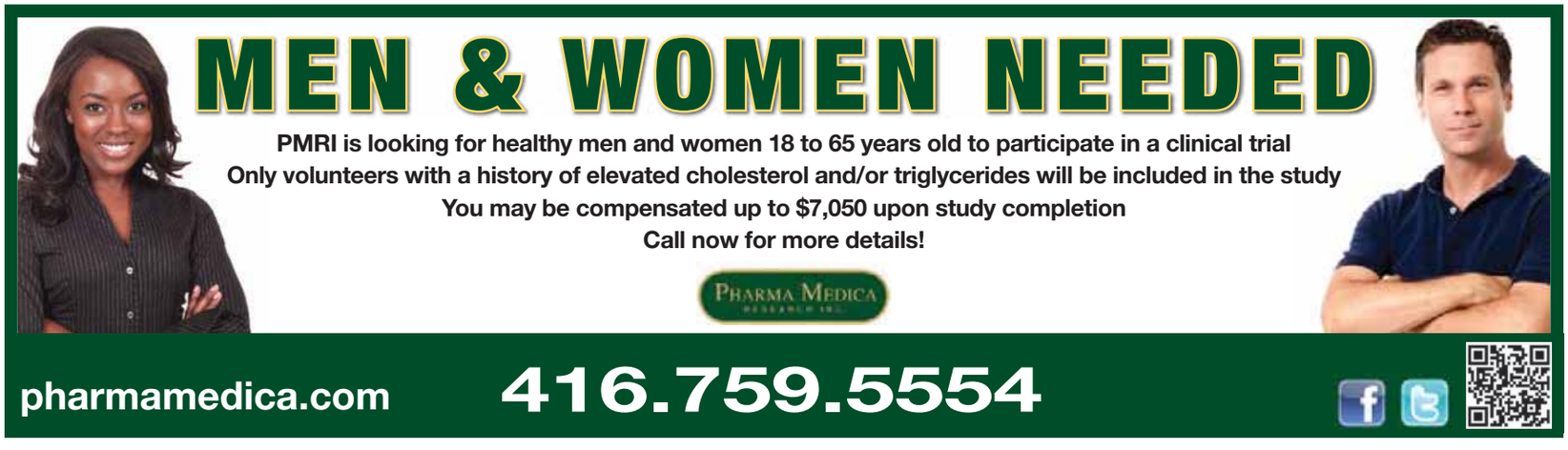
Coach John Fox and the Denver Broncos are parting ways following the team's latest playoff meltdown.

Fox won the AFC West all four of his years in Denver, but each of those seasons ended in ugly fashion in the playoffs, culminating with Sunday's 24-13 loss to Indianapolis.

THE ASSOCIATED PRESS

**NCAA football**

**Go to metronews.ca for coverage of Monday night's NCAA football national championship game between the Ohio State Buckeyes and Oregon Ducks in Arlington, Texas.**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# Ronaldo scores third Ballon d'Or

**Soccer.** CR7 earns more than one-third of the vote to be named men's player of the year over Messi, Neuer

Cristiano Ronaldo after winning the Ballon d'Or as the men's soccer player of the year in Zurich Monday.
KEYSTONE/THE ASSOCIATED PRESS

For the third time, Cristiano Ronaldo was voted the world's best soccer player. He hopes it also brought him closer to being remembered as one of the greatest of all time.

Ronaldo won the FIFA Ballon d'Or in a rout on Monday, racking up more than twice the votes of Lionel Messi, who edged German goalkeeper Manuel Neuer into third.

The Real Madrid and Portugal forward's latest hat trick tied him with Zinedine Zidane and Ronaldo of Brazil on three FIFA awards. The original Ballon d'Or presented by France Football magazine was won by European standouts Johan Cruyff, Michel Platini and Marco van Basten, three times each.

Only Messi's four FIFA awards ranks ahead of the 29-year-old Ronaldo, whose Madrid team again seems better-placed for trophies in 2015 than his rival's Barcelona.

"I want to become one of the greatest players of all time," Ronaldo said through a translator in his acceptance speech. "Of course, this requires a lot of effort and I hope to get there."

Ronaldo retained football's highest individual honour after scoring 61 goals last year. His record tally of 17 in a Champions League season helped Madrid win an unprecedented 10th European Cup title — and overshadowed a relatively disappointing World Cup campaign.

In what has become a Ballon d'Or tradition, Portugal captain Ronaldo did not pick Messi in his top three and Argentina captain Messi ignored Ronaldo on his ballot. Neither selected Neuer.

Ronaldo received 37.66 per cent of total voting points in a 23-candidate ballot. Messi got 15.76 per cent and Neuer 15.72 per cent.

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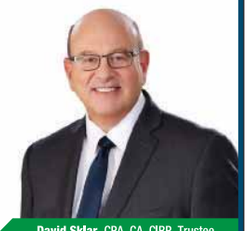

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**Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
Try to be more logical in your thinking. If you look honestly at what happens today you will realize it is nowhere near as bad as certain people try to make out.

### ♉ Taurus
**April 21 - May 21**
You will notice someone today who for some reason you never noticed before. What other things have you overlooked?

### ♊ Gemini
**May 22 - June 21**
A co-worker will give you a hard time over the next 24 hours but you must not give them a hard time back.

### ♋ Cancer
**June 22 - July 23**
Don't worry if you find yourself moving in the opposite direction to everyone else today because no harm will come of it.

### ♌ Leo
**July 24 - Aug. 23**
You may be tempted to get involved with something that appeals to your adventurous nature but can you be sure it will work out okay? No you can't is the answer, but if you knew it would then it wouldn't be so much fun!

### ♍ Virgo
**Aug. 24 - Sept. 23**
If you allow yourself to get submerged in details over the next 24 hours you will almost certainly miss something big. Try to see the bigger picture.

### ♎ Libra
**Sept. 24 - Oct. 23**
What happens today may surprise you but it will also change your life in interesting ways.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
You may have strong opinions about certain issues but what happens today and tomorrow will force you to question some of your long-held beliefs.

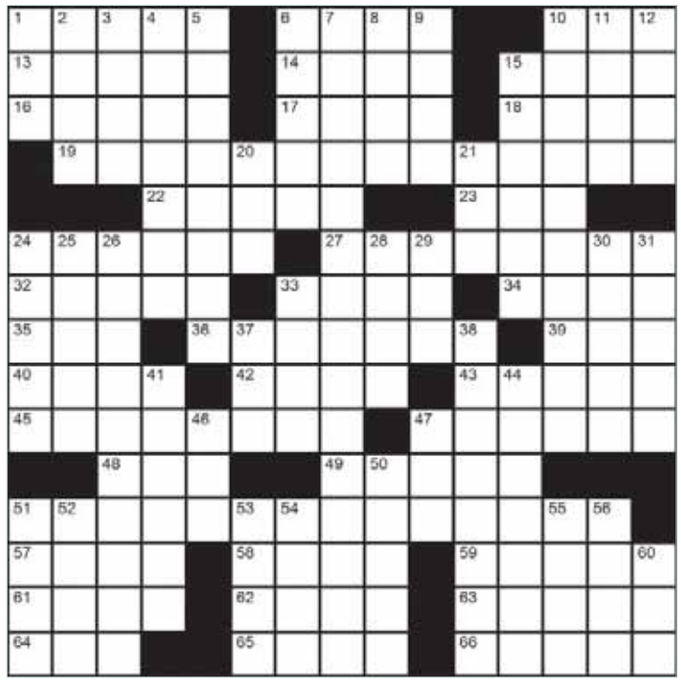
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Take care when dealing with someone you don't know very well. They may try to make you believe they are experts in their field but do you have any evidence of that?

### ♑ Capricorn
**Dec. 22 - Jan. 20**
Partnerships and relationships are under good stars today but you will only feel the benefit if you make an effort to think — and feel — outside your usual range.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Someone who does not approve of your desire to come and go as you please will try to clip your wings today. They will only succeed if they convince you that it's for your own good.

### ♓ Pisces
**Feb. 20 - March 20**
The message of the stars today is that you should finish what you have already begun rather than start something new.

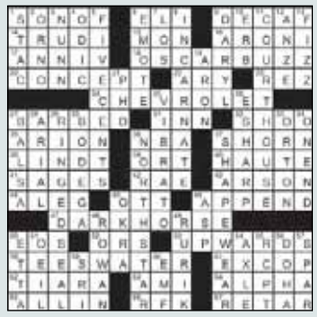
## Crossword: Canada Across and Down by Kelly Ann Buchanan



**Across**
1. Acid kind
6. Castaways' constructions
10. Lightly apply
13. The Primal Scream writer Arthur
14. Organic compound
15. Hide
16. Evoke "Eeks!"
17. "__ __ Angel" (1933)
18. Bypass
19. Sly & The Family Stone hit: 2 wds.
22. Painting outdoors = En __ air
23. Pou __ (Vantage point)
24. White poplar trees
27. Literary critic Mr. Frye born in Sherbrooke, QC
32. 'Octomom' Ms. Suleman
33. Most marvelous
34. One just getting by
35. "Promiscuous" singer ...her initials-sharers
36. For each day: 2 wds.
39. Three non-consonants
40. "Live __ __!" (Old consumer-themed Canadian show)
42. Tapes, tiny-ly
43. Cain's brother's namesakes
45. "...to fight the horde and sing and cry, __, I am coming." - Led Zeppelin, "Immigrant Song"
47. Diagnostic test
48. Celtic sea god
49. Spring flower
51. McCain product: 3 wds.
57. De __ (Again, in Latin)
58. Adjoin
59. Perform, Shakespeare-style
61. British streetcar
62. Soccer legend
63. Habituate, variantly
64. Francisco's partner
65. Three: Spanish
66. Asgard denizens

**Down**
1. Car racer Mr. Foyt's
2. King's staff
3. __ _ _-formation (How Canada Geese fly)
4. Beatles tune that starts "This happened once before...": 2 wds.
5. Jump that bit too far
6. The __ Chronicles (Wendy Wasserstein play)
7. Spacecraft without astronauts: 2 wds.
8. Stylish
9. Swill
10. "Steven and Chris" relationship dilemma game: 3 wds.
11. Botanical casing
12. Memory unit
15. Playwright, Clare __ Luce
20. "For sure!"
21. Ballpark fig.
24. Couple's yrly. celebration
25. UK's Oscar equivalent
26. Canadian comedy team Wayne & Shuster were guests on his show more than any other act: 2 wds.
28. 'Psych' suffix
29. Commuter's regular course, briefly
30. Trompe l'__ (Visual illusions)
31. Commonplace
33. Belgian songwriter Jacques
37. Schubert's The __-King
38. Central concept: 2 wds.
41. Prodigy, puny-ly
44. "No Matter What": Hit for what Irish group?
46. Electrical discharge
47. Jazz style
50. Feminine suffix [pl.]
51. Dynamites
52. Lively circle dance
53. Deeply absorbed
54. Slangy 'super'
55. Greek Myth: Supreme god
56. Longfellow's bell town
60. Him opposite

## Yesterday's Crossword

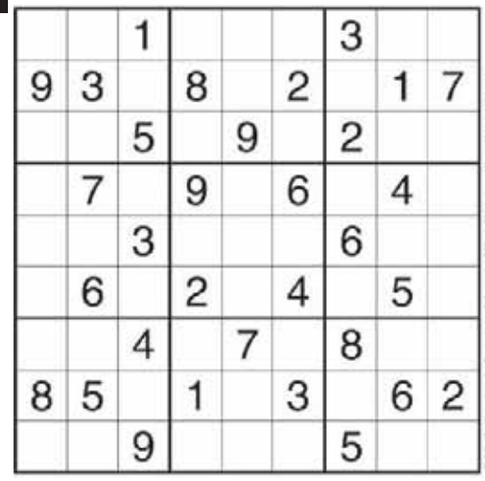


**Online**

See today's answers at metronews.ca/answers

## Conceptis Sudoku by Dave Green

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 7 | 6 | 8 | 9 | 2 | 4 | 5 | 3 |
| 8 | 5 | 4 | 3 | 1 | 7 | 2 | 6 | 9 |
| 2 | 3 | 9 | 4 | 5 | 6 | 7 | 8 | 1 |
| 5 | 1 | 7 | 9 | 3 | 4 | 8 | 2 | 6 |
| 3 | 6 | 8 | 2 | 7 | 1 | 9 | 4 | 5 |
| 4 | 9 | 2 | 5 | 6 | 8 | 3 | 1 | 7 |
| 6 | 8 | 1 | 7 | 2 | 3 | 5 | 9 | 4 |
| 9 | 2 | 3 | 6 | 4 | 5 | 1 | 7 | 8 |
| 7 | 4 | 5 | 1 | 8 | 9 | 6 | 3 | 2 |

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